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Atty. File No. 207,697



## IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Application No. : 10/589,704  
 Filed : May 8, 2007  
 Applicant(s) : Bruce William ROSS  
 Title : PHYSICAL TRAINING APPARATUS  
 Customer No. : 38137

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Date of Deposit:	July 15, 2008
I hereby certify that this paper or fee is being deposited with the United States Postal Service "Express Mail" service under 37 CFR 1.10 on the date indicated above and is addressed to the Commissioner for Patents, P.O. Box 1450, Alexandria, VA 22313-1450.	
Name:	J. David Dainow
Signature:	

July 15, 2008

AMENDMENT

Commissioner for Patents  
 P.O. Box 1450  
 Alexandria, VA 22323-1450

Sir:

This responds to the Office Action of May 28, 2008. Please enter the following amendments.

In the Claims

Listing of the Claims are shown on page 2 below.

Remarks

Remarks begin on page 5 below.